


Weekly King Township Senior (55+) Member Drop-in Programming

All King Township senior membership drop-in programs have an activity fee of \$1.00 for members and \$2.00 for non-members, unless otherwise specified. Specialty programs will be at an additional cost. Schedule is subject to change at any time. Visit king.ca/seniors or call 905-833-6565 for more information on senior memberships, trips and programs.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KING CITY SENIORS CENTRE	Mobility Matters 10:00am - 10:45am 11:00am – 11:45am Music & Movement Cribbage 1:00pm Crocheting/Knitting 2:00pm	Line Dancing 10:00am Bid Euchre 1:00pm	Mobility Matters 10:00am - 10:45am 11:00am – 11:45am Bridge 1:00pm	Gentle Motion 9:30am Carpet Bowling 1:00pm	Art Class (every 2nd & 4th Fri of the month) 9:30am Progressive Euchre 1:00pm
NOBLETON ARENA	Mobility Matters - Free 1:00pm – 1:45pm			Educational Thursday's 10:00am - 12:00pm	Mobility Matters - Free 1:00pm – 1:45pm
TRISAN CENTRE	Mobility Matters - Free 2:15pm 3:00pm			Carpet Bowling 1:00pm	Mobility Matters - Free 2:15pm 3:00pm
Walk and talk on the indoor track from 9:00am - 10:00am (Mon - Sun) This time is designated as a free walking time on the track for seniors use only.					
SCHOMBERG HALL	See Details Below	Bridge 1:00pm		The Tightly Wound Ukulele Group 2:00pm	

55+ Shiny and free public skating available for 55+ at various locations and times. Visit king.ca/dropinprograms for more information.

King City Seniors 55+ (King City Seniors Centre)

Friday, November 15 – 10am – Presentation by Hope House Community Hospice will outline programs available for individuals, families and caregivers. Refreshments will be available, please register.

Friday, December 6 – 10am – This is our annual refresher course in CPR presented by the King Fire Department. It is not a certification course but an opportunity to practice our skills. Please RSVP to 905-833-6565. Refreshments will be available, please register.

Sunday, December 8 – 2pm-4pm – Annual Christmas Open House. Entertainment by Russ Clayton. Our sponsors for this event are: Chartwell Oak Ridges Retirement Residence, Richview Manor Retirement Residence and Edward Jones. Registration is limited and closes on November 30.

Nobleton Seniors 55+ (Nobleton Arena)

Thursday, November 14 – 10am – Chair Zumba with Frank – It's a workout party. Come and have fun.

Thursday, November 21 – 10am – 'Rocks Talk' presented by Gillian. Rocks and minerals play an important role in everyday life. Learn how in this hands-on presentation.

Thursday, November 28 – 10am – Addressing 'Ageism'. Speaker Jenna Wickens – Certified Professional Consultant on Aging. Learn about our positive age benefits and more.

Thursday, December 5 – 10am – Art with Angela Del Borrello. Paint your own 'Winter Scene' acrylic on canvas. Your own creation for others to admire. Cost is \$10pp which includes detailed instructions and materials. Please register by November 30. There will be an additional surprise!

Thursday, December 12 – 10am – Christmas Party. Come festive and join in the fun, games and more. A hot lunch will be provided. Please bring a dessert or salad. This will be our last day until January 2025.

Schomberg Seniors 55+ (Schomberg Community Hall/Trisan Centre)

Monday, November 18 – 10am - Speakers – Guess what it is? with Linda and Cheryl, followed by a performance by the Schomberg seniors - "The Tightly Wound"- ukulele group at SCH.

Monday, November 25 – 10am – Workshop at SCH. Wendy Emery will provide instruction for making a suncatcher glass project. Cost is \$90pp, registration required.

Wednesday, December 4 – 10am – Speaker. Dr. Marie Adams, retired professor and author – 'Our Son the Stranger' at SCH.

Monday, December 9 – 10am – Trivia at TC in Trisan Centre Curling Lounge.

Wednesday, December 11 – 2pm – Workshop at SCH – Painting with Lisa Cole at SCH, cost \$30pp. Register by December 4.

Monday, December 16 – 10am – Festive Season Luncheon at SCH

SCH - Schomberg Community Hall **TC** - Trisan Arena

Register **online** at www.townshipofking.perfectmind.com
phone 905-833-6565 or **email** seniors@king.ca